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Newsletter of the  
Catholic Filipino Academy  
[www.catholicfilipinoacademy.com](http://www.catholicfilipinoacademy.com)

# Ho#HOT



# SUMMER

Where to go? What to bring?

When to go? Whom to go with?

What to do? How to do it?

# 50 Fun Things To Do This Summer!

By Jillian Bietz <http://www.familiesonlinemagazine.com/teens/>

During the summer it is so easy to say, "I have nothing to do!" No more excuses-here is a list of 50 things to do the next time you are bored!



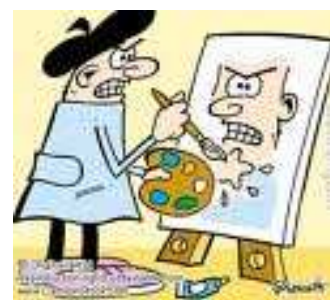
1. Gather up a few friends, and have a picnic in your back .
2. Go on a walk and take pictures of trees, flowers, dogs, etc.
3. Buy some fashion magazines, pick out a couple of really cute outfits, and try to recreate them for less!
4. Bead some bracelets and sell them for charity.
5. Volunteer at the local animal or homeless shelter.
6. Clean your room!
7. Bake some cupcakes and deliver them to friends and family.
8. Play some childhood games like "Sungka", "Patintero", or "Piko".

9. Take your dog for a walk.
10. E-mail a friend you haven't spoken to in awhile.
11. Do 25 jumping jacks!
12. Look through old family scrapbooks, photo books, and yearbooks.
13. Make a root beer float.
14. Go to the movies with your siblings.
15. Go window-shopping with a friend.



16. Write a poem.
17. Make fresh, homemade fruit juice.
18. Give your dog a bath.
19. Make dinner for your family.
20. Baby-sit for a neighbor.
21. Have a sleepover party and watch scary movies.
22. Plan a vacation you want to take next summer.
23. Plant flowers in your yard, if possible.

24. Sign up for a class.
25. Have a bubble bath.
26. Make a mixed CD of your favorite songs and title it "The soundtrack of my life".
27. Order a pizza.
28. Splash around in a plastic kiddy pool.
29. Buy some crayons and a coloring book.
30. Read a book based on a movie you have seen.
31. Make a scrapbook of your baby pictures.
32. Get a job or an internship.
33. Start a diary and write in it everyday.
34. Spend the day at the library.
35. Draw a self-portrait.
36. Make a collage out of old magazines.
37. Run around in the sprinklers.
38. Go to a museum.
39. Go out for lunch with one of your parents.
40. Jump in the pool with your clothes on.
41. Eat last night's leftovers for breakfast.
42. Learn to sew or knit.
43. Invite friends over and have a tea party.
44. Swing on the swings at the park.
45. Tie-Dye a t-shirt or bed sheets with Kool-Aid!
46. Make a smoothie.
47. Learn how to define and spell 5 new words from the dictionary.
48. Make popsicles in your freezer.
49. Put on the radio and dance.
50. Go camping in your backyard!



# What is Global Warming?

And what can every person do to help.

We are reproducing here leaflets by the Climate Change Commission

([www.climatechangecommission.gov.ph](http://www.climatechangecommission.gov.ph)) which were given out after the Nat-Geo run a few weeks ago.

To calculate your own carbon footprint, click: <http://www.carbonfootprint.com/calculator.aspx>

**Global Warming and Creeping Climate Change**

**REDUCING YOUR CARBON FOOTPRINT**

**Global Warming and Climate Change**

The entire world is now facing the dangers of Global Warming and Climate Change, characterized by the abrupt changing of the Earth's temperature, mainly caused by 200 years of fossil-fuel based industrialization, urbanization and agriculture.

**Major Causes**

The main contributors to climate change are the greenhouse gases which accumulate in the atmosphere and stays there for at least 200 years, trapping heat that we release. The major GHGs are:

**Carbon Dioxide or CO<sub>2</sub>** from the burning of fossil fuels from our vehicles and industries. CO<sub>2</sub> remains in the atmosphere for 200 years.

**Methane** is produced by the rotting of garbage in dumpsites. It is 20 times more lethal than carbon dioxide.

**Effects of Climate Change**

A 7-meter rise will drastically reduce the land areas of islands like Mactan and Guimaras and vast areas of Malabon, Navotas and Manila will be permanently under water.

Half of the country's 1,610 municipalities are located along our coastline with 80% of the population dependent on seafood as a primary source of protein.

A mere one-meter increase in sea level could destroy or drastically affect living conditions in 64 of the country's 81 provinces.

**MALABON MANILA NAVOTAS**

**Creeping Climate Change**

But even before that tipping point of irreversible climate change is reached in 2050, we are already feeling the early brunt of "creeping climate change."

Annually we are hit by 20 storms which are becoming much stronger every year. From 1975 to 2002, various tropical cyclones caused an annual average damage to property and agriculture of about Php8 billion.

A couple of years ago, the Philippines was hit by a series of super typhoons – Milenyo, Reming, Senyang and Queenie – with maximum gusts as high as 200 kilometers per hour.

There were massive floodings and mudslides in the provinces of Quezon, Iloilo, Leyte, Camarines Norte, and Surigao. Countless lives and millions of pesos in property values were lost.

# Reducing Your Carbon Footprint

Every citizen should work toward reducing his or her "carbon footprint" or the indicator of how much each person pollutes the Earth.



Replace all old fluorescent lamps with compressed fluorescent lamps (CFLs) which cut power consumption by up to 90% while getting the same amount of brightness.

Use biogas or "green charcoal" for cooking instead of LPG.



## Plant Trees



Create carbon sinks by helping conserve forests and plant trees to help absorb carbon dioxide.

Practice energy conservation measures such as shutting-off of air conditioners before 9AM and after 4PM.



Explore possibilities for wind, solar energy and biogas use in homes, offices and public places (e.g. solar streetlamps, wind powered-water pumps).



**AIRCON SHUT DOWN BEFORE 9AM & AFTER 4PM**



# I Learned a Lesson

by Edelin A. Mermida (CFA, Vietnam)

*I woke my child up at dawn to study. I spanked my daughter because she didn't want to study.* I heard mommies saying these when my kids were in preschool in a regular school. Too much pressure, I thought. I told myself, I wouldn't do it with my kids. But when we did homeschooling for the first time, the pressure was on me and unknowingly, I passed it on to my kids. When I learned to relax, things became a lot better.



This school year that passed, I learned a lesson in "following your child's lead." I teach my daughter piano. We were finishing book 1 for beginners when she wanted to do a piece which I believed is not for beginners. I told her that we should do it step-by-step and do the piece she wanted after book 2. She was very persistent. Each time she asked me to teach her, my answer was the same. What she did was study the piece by herself. She was already half way of the first page when I noticed that she could do it already. It just needed a little polishing. So we set aside book 1 and continued with the piece. She finished it and played it well.

I said no to Yon because I didn't want to give her so much pressure, but by doing so, I missed the point of following her lead. I should have said yes to her and let her try. Yon taught me a lesson which I learned by heart.



I put into practice what I learned, this time with Josh. We went to *Ba Trang*, a ceramic village with other homeschoolers. Thanks to Mommy Kristine Bautista for organizing the trip. The kids were asked to make pots and vases out of clay. Josh told me that he would make Batman. I asked him why Batman when they were taught and expected to make pots and vases. "I like to do Batman," he said. He didn't want to do anything but batman. I followed his lead and his Batman made of clay turned out to be a very nice piece of creation.

# I'm Done with Homeschooling...



## *What Now?!*

-Rissa Espinosa

Our youngest daughter, Nikkei, graduated from 6<sup>th</sup> grade last March 25. Just days after submitting her final grades, I found myself looking back at the years we spent in homeschooling –years that were full of stuff that even tele-novelas wouldn't match.

My husband, Rene and I homeschooled her and her kuya Andre when she was in 3<sup>rd</sup> grade and Andre was in 5<sup>th</sup> grade.

There were days when we breezed through the lessons and there were days when it was just difficult to get the lessons across because she didn't feel like it or I didn't feel like it. Or both.

Initially, Nikkei was not so sold with the idea of homeschooling because she said she would miss her friends from school. Being the congeniality princess at school, this was a big concern for us. Then one day while she was helping me cut up veggies for lunch, she just blurted out that she was glad she homeschooled. She reasoned that if she was in regular school, she wouldn't be doing the chore with me. That was one of the precious little moments which made me happy with our decision to homeschool. Lunch came out perfectly well, too.

Am having mixed feelings.

Now that she's going to back to her old school for high school, I realized I would miss having her around to talk to, to ask her to help her technically-challenged mom with the gadgets at home, and just hugging her when I feel like it. It breaks my heart to let her go but I feel that it is time for her to experience the "real world". Hopefully, the years spent in homeschooling would have prepared her somehow for this next challenge in her life.

So does this mean I'm really done with homeschooling? I don't think so. Am having those mixed feelings again. I think that even if I won't physically homeschool her anymore, teaching her at home would be a continuing process as Rene and I try our best to continue to mold her into the person God wants her to be.

And as her mother, I think that's for a lifetime.